



## **Bledsoe County School System Trend Report CSH Overview Summary**

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Bledsoe County School System.

### **CSH Infrastructure Established**

An infrastructure for CSH has been developed for the Bledsoe County School System that includes:

- School Health Advisory Committee
- Five Healthy School Teams
- School health policies strengthened includes nutrition, health services, and healthy school environment.
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$100,000.

Community partnerships have been formed to address school health issues. Current partners include:

- Bledsoe County Health Department
- Tennessee Department of Health
- Erlanger Bledsoe
- TWRA
- American Heart Association
- Blood Assurance
- Bledsoe County Sheriff's Department/EMS/Rescue Squad
- Pikeville City Police/Volunteer Fire Department
- Family Resource Center
- UT Extension/TNCEP
- Lion's Club
- Avalon Center
- The Edge of Women's Care
- Bledsoe County Children's Council
- YMCA
- Youth Villages
- Volunteer Behavioral Health.

## **Parent and Student Involvement Developed**

Parents are involved in numerous CSH activities such as Give a Child a Chance Day and JR Health Council initiatives. Currently, 15 parents are collaborating with CSH. Students have been engaged in CSH activities such as JR Health Councils health promotions to prevent teen alcohol and drug use, skin cancer, teen pregnancy, and obesity. Approximately 60 students are partnering with CSH to address school health issues.

## **School Health Interventions**

Since CSH has been active in Bledsoe County the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers – 2800 Screened with 300 referrals;

Students that have been seen by a school nurse – 25,000 visits with 88% returning to class;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA with 41% overweight/obese in 2007-2008 with a decrease to 40.8% in 2008-2009;

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include walking track, physical education equipment, health education materials and equipment;

Professional development has been provided to school health staff. Examples include TAHPERD for physical education teachers, NASN/TASN for school nurses, American Heart Association CPR/AED/First Aid training for employees, and the Healthy Minds and Healthy Bodies Conference for school counselors;

School faculty and staff have received support for their own well-being through improved workout rooms with scales, excise bikes and free weights;

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – The Edge and Too Good for Drugs;
- Physical Education/Physical Activity Interventions – MileRun/Height/Weight Assessments, Walk Across TN, Take 10!;
- Nutrition Interventions – FFVP Snacks for Elementary Schools, healthy vending,
- UT Extension/TNCEP nutrition education;
- Mental Health/Behavioral Health Interventions – memorandums of understanding (MOUs) with Youth Villages Behavioral Health and Project Basic;

Sustained school nurse funding is another accomplishment for this school system.

In such a short time, CSH in the Bledsoe County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement.

For more information concerning Coordinated School Health (CSH), please contact the Coordinator.

Michelle DeBord-Rains  
423-619-7524

Jillyen Layne  
423-447-2673 x242